

(Breakthrough, Summer 1988)

SOME OBSERVATIONS ON THE USE OF THE HEMI-SYNC® SYNTHESIZER

by W. Philip Irwin

Phil is a Gateway Outreach Trainer and Professional Member of TMI. He is a Research Associate for a major corporation and does consulting work in the field of human development and training.

In February 1988, I had the opportunity to evaluate the Model 20IB Hemi-Sync Synthesizer in a professional workshop environment. I presented two sessions of a workshop entitled "Knotted Ropes or Hammocks? Coping With Stress" at a teacher in-service day in the North Penn School District - Lansdale, PA. It was an ideal opportunity to observe the effects of a Hemi-Sync background in a seminar setting.

Since I was going to present two sessions of this workshop, I hoped to compare differences in the groups that could be attributed to the Hemi-Sync background. My plan was to have background music (Michael Jones - *Sunscapes*, solo piano) playing as the teachers entered the room. One group would have music plus Hemi-Sync; the other group would have the same music without Hemi-Sync. Each group would be given a packet of information to read and a stress questionnaire to fill out. Then they were to come to the front of the room to have their hand temperature measured as an introduction to biofeedback and the physiological effects of stress. I hoped to observe differences in the number of people who completed these tasks in a ten minute interval prior to the beginning of the seminar presentation.

The first session at 10:15 AM went as planned. As the teachers entered the room (music plus theta, delta, beta), they settled down quickly, completed the questionnaire, and 24 out of 27 people eagerly came up to get their hand temperature measured.

The second session at 1:15 PM was right after lunch. As participants entered the room (music only), they tended to remain in their seats and seemed sleepy. After watching for 5 minutes, I decided to add a theta-beta signal to the music. Within minutes, several people started to come up to get their hand temperature measured. Eight out of seventeen people had their hand temperature measured and by the time the session was to begin it appeared that the group was more attentive and ready to begin.

While this was not a controlled study, it seemed that the Hemi-Sync background created a more positive, task oriented environment from which to begin the workshop. The theta-beta signal in the second group appeared to arouse a sleepy after-lunch group within several minutes of introducing the Hemi-Sync signal. From working with both groups, it was apparent that each group had a distinctive personality. As such, I can not claim that the presence of

Hemi-Sync solely contributed to the first group's increased enthusiasm compared to the second. I will, however, pursue this observation in future presentations to gather more experience in this regard.

I used the Hemi-Sync Synthesizer throughout the rest of both workshops as appropriate to the contents of the presentation. During lecture periods I used the theta-delta-beta setting with soft new age solo piano music as background. For introductory breathing exercises, I used the surf with theta-delta. For the more prolonged relaxation exercises, I used either *Modem* or *Outreach Metamusic* tapes and did not use the synthesizer. To demonstrate physical stretching exercises, I used some lively new age music (Vollenweider) plus theta-beta. This seemed to be an effective way of taking a break and arousing the group when the group energy seemed low. I described the Hemi-Sync technology after working through the stress reduction exercises in the workshop. The Synthesizer made it very convenient to demonstrate and explain Hemi-Sync.

I was pleased with the results of the workshops. It was wonderful to be able to easily introduce different Hemi-Sync signals appropriate to the various segments of the workshop. In conclusion, I felt that the Synthesizer facilitated creating an excellent environment for learning and I will continue to explore its use in future seminar type settings.

Hemi-Sync® is a registered trademark of Interstate Industries, Inc.
© 1988 The Monroe Institute